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RAF LAKENHEATH, UK

FRIDAY, DEC. 8, 2006
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Combat arms training

Right on target

Fitness

More than just muscle

PLUS: 3rd Air Force stands up  **Holiday safety**  **Liberty village**



JET 48 Vol. 44 No. 48
Friday, DEC. 8, 2006

**"Anywhere, Anytime ...
Whatever needs done."**

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AT A GLANCE

100 percent contact rate

Current CFC pledges, as of Dec. 1

229,299.43

21 percent contribution rate

Thanks to the Liberty Wing for supporting this year's
Combined Federal Campaign.

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Last DUI:

☐ 4:30 a.m., Nov. 25

Squadron:

☐ 48th Equipment Maintenance Squadron

DUI condition: Green

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Courtesy of the 48th Fighter Wing Safety Office

ON THE COVER:

Senior Airman David McKelvey, 18th Intelligence Squadron Det. 4, lines up his sites during his qualification shoot at RAF Feltwell's firing range, Tuesday.
(Photo by Airman 1st Class Kris Levasseur)

Keep the holidays safe, fun

BY BRIG. GEN. ROBERT P. STEEL

48TH FIGHTER WING COMMANDER

Do you know what your wingman is doing this holiday?

If not, find out! An integral part of our Wingman culture is looking after each other. The winter months are the most pivotal time of year to embrace this culture of Airmen helping Airmen.

With winter in full swing, many of us are spending more time indoors. Weight gain is a well-known pitfall of the winter routine, but another, less known pitfall, is seasonal affective disorder.

SAD is a type of winter depression caused by lack of sunlight. The condition is characterized by depression, social withdrawal, overeating and weight gain.

SAD is a preventable disorder. One of the easiest ways to combat SAD is exposure to sunlight and activity. This winter, spend time walking, running or playing a sport – even if it's indoors. These exercises, especially if you're outside on a clear, cold, sunny winter day, are not only good for the winter blues, but they also help you and your families stay physically fit.

Another way to combat winter blues is to get involved in the community. During this holiday season, there are many volunteer opportunities to help people in need or assist in worthy causes, both on and off base. From Airmen Against Drunk driving to the Salvation Army, from Toys for Tots to local social services centers,

volunteering helps others and helps you feel better about yourself.

For Airmen living in the dorms and our unaccompanied folks, if you are unable to visit your family during the holidays, the 48th Services Squadron Project CHEER program offers events specifically for you all. Here are a few upcoming events this season:

- New movie night Tuesdays at the 48th Avenue
- Healthy holiday fitness incentive program
- Bowling, pool and Xbox tournaments
- Several paintball, ski, snowboard and caving trips through the outdoor recreation center.

The Project CHEER website www.projectcheer.org features information on giveaways, prizes events and all U.S. Air Forces in Europe Project CHEER programs taking place this holiday season. Supervisors, encourage your single Airmen to take advantage of these special programs.

For everyone in the Liberty Wing, make it a point to touch base with your wingman regularly during the holidays, and watch out for signs of depression or loneliness. If your friends or co-workers are down-in-the-dumps or feeling alone over the Christmas season, bring them along with you to a holiday event or Project CHEER program and help combat the winter blues.

By being a good wingman, you help ensure the Liberty Wing successfully accomplishes our operational mission while enjoying a safe, healthy holiday season.

ACTION LINE



The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215) or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number and full APO mailing address. Names are confidential.

I'm a retired master sergeant and while vacationing in England, I visited two different RAF Lakenheath Army Air Force Exchange Services facilities and was refused service because I am retired, I don't live here and therefore had no common access card. Both clerks indicated no provision could be made for me to shop there. Is this the way things operate for retirees on RAF Lakenheath or was this a misunderstanding?

Unfortunately, retiree shopping privileges in the U.K are not the same as in the U.S. Since we are located in a foreign country, the host nation decides whether the Air Force can operate shopping facilities, and also decides who can shop there. The NATO Status of Forces Agreement specifically defines those individuals who are

entitled to tax and duty-free shopping privileges. It is limited to individuals who are in the U.K. in connection with their official duties. Those individuals include members of the force, members of the civilian component and their dependents. U.S. Forces retirees are not here in connection with any official duties, and therefore are not entitled to privileges under the SOFA. Her Majesty's Revenue and Customs has granted limited shopping privileges to retirees who reside in the U.K. but only on a tax-paid basis. However, HRMC has not granted shopping privileges of any kind to retirees visiting the U.K. These restrictions are imposed by the host nation and not by U.S. commanders. The shopping restrictions frequently surprise those not stationed in the U.K., including active duty personnel visiting the U.K., who, like visiting retirees, may not shop at AAFES facilities.



Liberty SFS blotter

The 48th Security Forces Squadron handled the following incidents from Nov. 29 to Tuesday:

Nov. 29: Two Airmen were apprehended for failing to obey a lawful order in Bldg. 917

Nov. 30: An NCO was involved in a minor vehicle accident at Bldg. 1309

Dec. 1: Two civilians were involved in a minor vehicle accident at the intersection of Honinton St. and Markham Rd. on RAF Feltwell

Dec. 1: An Airman was involved in a major vehicle accident on Wangford Farm Rd.

Dec. 3: A civilian was detained for shoplifting at the base exchange

Dec. 3: An NCO was involved in a major vehicle accident on the A134 near Bury St. Edmunds

Dec. 3: An Airman was involved in a minor vehicle accident at Bldg. 1319

Dec. 4: A civilian reported her purse stolen while she was at the Liberty Club

Dec. 4: A civilian was involved in a major vehicle accident on Norwich Rd.

If you have any information concerning any incident, call the security forces control center at 226-2333, (01638) 522 333 or 226-4800, or call your first sergeant. For an emergency on base call 911, and for an emergency off base call 999.

Don't invite disaster to holiday celebrations

WILLIAM G. DODSON

ASSISTANT CHIEF, FIRE PREVENTION

The guests have left and the dishes are done. It's time to turn off the Christmas tree lights and go to bed. STOP!

Have you forgotten something? What if one of the guests accidentally dropped a cigarette between the cushions of the couch where it could smolder undetected for hours? The first sign is the smoke alarm sounds its warning at 3 a.m. If the smoke alarms aren't working, you may not wake up at all.

Traditionally, the number of fires and deaths rises during the holiday season. Gathering of family and friends can mean an increase in cooking activities, the leading cause of home fires. Alcohol consumption also tends to increase this time of year and is cited as a contributing factor in many fire deaths. Add candles, holiday decorations and heating equipment to the mix and the potential for disaster is great.

Protect your home and family by following these simple, common sense safety tips:

Cooking

Unattended cooking is the leading cause of kitchen fires. Wear tight fitting or rolled up sleeves when cooking and keep all combustible materials at a safe distance from any stove. Have a lid handy to put on a pan if it catches fire. Supervise children when cooking in the kitchen.

Alcohol

Cooking or smoking while under the influence of alcohol can be deadly. Keep a close eye on any drinkers in the household, make sure all cigarettes are properly extinguished and the stove is off before going to bed.

Candles

Keep candles in sturdy holders and away from combustible materials. Never leave candles unattended and make sure the candles are completely out when leaving the house or retiring for the night. Keep all matches, lighters and candles away from children

Christmas trees

When buying a fresh tree, keep the base in water at all times and water the tree

daily. Discard broken or frayed light sets. Never place any type of candles on or near the tree. Live Christmas trees are allowed in base housing only. Artificial trees will be used in base buildings and dormitories unless approved by Lakenheath Fire Emergency Services.

Space heaters

Space heaters are not allowed in base housing or dormitories. In offices, space heaters cannot be plugged into extension cords, surge suppressors, or modular furniture. When leaving the office for the day, or even for a short time, unplug the space heater. Make sure the heater has an 18 inch clearance around it from all combustibles.

Heating appliances

Remember to have the furnace inspected yearly by a licensed technician. The chimney should be cleaned annually to prevent problems that may cause a buildup of carbon monoxide. Install carbon monoxide detectors in your home, to alert you to the presence of this deadly, odorless gas.

Smoke alarms

Smoke alarms are required in base housing and all dormitories on base. The fire service recommends installing one on every level of a home, outside all sleeping areas and in all bedrooms. Test the detectors monthly and, if battery operated, replace the batteries annually.

Home escape plan

Develop a fire escape plan and practice it with the family. If a fire occurs, everyone needs to get out as quickly as possible.

Each year, hospital emergency rooms around the country treat thousands of injuries, such as falls, cuts and shocks relating to holiday lights, decorations and Christmas trees. Christmas trees are involved in hundreds of fires annually, resulting in needless deaths and millions of dollars of property loss and damage. By following these simple safety tips, many holiday-related fires.

The members of the Lakenheath Fire Department want you to stay safe this holiday season. It is the best gift you can give to yourself and to your family.

Happy Holidays



Photo by Tech. Sgt. Sabrina Johnson

Melissa Cerda sits with her son Ruben as he tells Santa Claus what he wants for Christmas. The 48th Fighter Wing kicked off the holiday season with a visit from Santa Claus and the official tree lighting ceremony at the base flagpole Nov. 29.

Liberty opens doors to new homes

BY STAFF SGT. NICHOLASA REED

48TH FIGHTER WING PUBLIC AFFAIRS

The first phase in a five phase housing project for RAFs Lakenheath and Mildenhall family housing finished Dec. 1.

The project, which began in early 2005, will open it's first units Wednesday. The remaining units will open in different intervals through fiscal year 2011. Total funding for the project is approximately \$200 million.

Although the project does not increase the number of units available on base, due to older houses being demolished in a one-for-one exchange, the new housing will offer higher quality quarters for local families.

Improvements scheduled for the new housing include:

- An increase in square footage to meet current Air Force

requirements

- A garage for each unit
- Ceramic tile flooring in dining room and kitchen areas to minimize costs on damages
- Maximized space utilization and sound mitigation
- Efficient use of storage and energy efficiency due to built in floor heating
- 2.5 bathrooms and separate utility rooms

During the ribbon cutting ceremony Wednesday at 10 a.m., the keys to the first home will be turned over to the first occupants. An open house furnished by Army and Air Force Exchange Services will also be available to walk through.

Families chosen to occupy the new homes came from the housing waiting list. To be placed on the list, call the East Anglian Housing office at 226-2000.

Own the paper

This is your chance to directly impact the content and features of your base news. By completing a short survey, your answers will chart the course of future coverage. To participate in the Jet 48 readership survey please visit www.afnews.af.mil/internal/survey/survey_index.htm.

U.S. forces to stay in Iraq 'until job complete'

BY KATHLEEN T. RHEM

AMERICAN FORCES PRESS SERVICE

WASHINGTON (AFP) — U.S. leaders will consider all options on moving forward in Iraq, but three tenets of U.S. Iraq policy “remain firm and they’re fixed,” President George W. Bush said after a meeting with Iraqi Prime Minister Nouri al-Maliki Nov. 30 in Amman, Jordan.

He also reiterated that U.S. forces would remain in Iraq “until the job is complete, at the request of a sovereign government elected by the people.”

However, President Bush said the United States is ready to make changes “to better support the unity government of Iraq.” He outlined three “key principles” the U.S. government would not waver from.

First among these tenets is that U.S. officials believe the success of Prime Minister Maliki’s unity government is critical to progress in Iraq.

“His government was chosen by the Iraqi people through free elections in which nearly 12 million people defied terrorists to cast their ballots,” President Bush said. “I’ve told the prime minister that our goal in Iraq is to strengthen his government and to support his efforts to build a free Iraq that can govern itself, sustain itself and defend itself, and is an ally in the war against the terrorists.”

Prime Minister Maliki agreed. He said Iraqi leaders have many ideas about the way forward and that he believes the challenges Iraq is facing are “not outrageous” given what the country has been through.

“There are criminals, there are people who are breaking the law,” he said through a translator. “But the steel strength of the national unity government would help us face all those who are breaking the law, or those who are trying to take down democracy in Iraq, or those who are conspiring and trying to have coups or basically bring down the national unity government.”

Second, the Iraqi security forces must be strengthened because the government’s success depends on their success. President Bush said he and Prime Minister Maliki agreed on the importance of speeding up training for Iraqi forces.

“Our goal is to ensure that the prime minister has more capable forces under his control so his government can fight the terrorists and the death squads, and provide security and stability in his country,” the president said.

Finally, U.S. officials still believe Iraq must remain one united country “where democracy is preserved, the rule of law prevails, and minority rights are respected,” President Bush said.

“In the long-term, security in Iraq requires reconciliation among Iraq’s different ethnic and religious communities, something the overwhelming majority of Iraqis want,” he added.

President Bush said he has solicited advice from military leaders and is awaiting recommendations from an independent group studying the situation in Iraq.

“I assured the prime minister that our review is aimed at strengthening

the capacity of the sovereign government of Iraq to meet their objectives, which we share,” he said. “I want to hear all advice before I make my decisions about adjustments to our strategy and tactics in Iraq to help this government succeed.”

However, he stressed, looking at options will not mean pulling U.S. troops out of Iraq in the near future.

“I know there’s a lot of speculation that these reports in Washington mean there’s going to be some kind of graceful exit out of Iraq,” he said. “We’re going to stay in Iraq to get the job done, so long as the government wants us there.”

President Bush thanked Prime Minister Maliki for traveling from Iraq to meet with him and said close cooperation with the Iraqi government is key to the U.S. assessment process.

“The prime minister and I agree that the outcome in Iraq will affect the entire region. To stop the extremists from dominating the Middle East, we must stop the extremists from achieving their goal of dominating Iraq. If the extremists succeed in Iraq, they will be emboldened in their efforts to undermine other young democracies in the region, or to overthrow moderate governments, establish new safe havens, and impose their hateful ideology on millions,” President Bush said. “If the Iraqis succeed in establishing a free nation in the heart of the Middle East, the forces of freedom and moderation across the region will be emboldened, and the cause of peace will have new energy and new allies.”

Expressing confidence in the prime minister’s leadership, President Bush said he was reassured by the prime minister’s “commitment to a pluralistic society that is politically united and a society in which people are held to account if they break the law, whether those people be criminals, al Qaeda, militia, whoever.”

The leaders agreed that terrorism is the greatest challenge to the new Iraqi government

“Terrorism is not a danger only to Iraq, it’s a culture, it’s an ideology. The whole civilized world must face it as one line, one unit,” Prime Minister Maliki said. “Some people might not understand the successes that we have as we daily face terrorism in Iraq and as the security forces in Iraq chase them down, arrest them. This is solid strength based on our vision, and our vision is that terrorism, terroristic ideology, extremism, sectarianism are all issues that will rob humans from happiness.”

In a joint statement issued after their meeting, the president and prime minister said they had “discussed the plague of terrorism in Iraq, which is being fomented and fueled by al Qaeda.”

“The people of Iraq, like the people of the United States and the entire civilized world, must stand together to face this common threat,” they said in the statement. “We agreed that defeating al Qaeda and the terrorists is vital to ensuring the success of Iraq’s democracy. We discussed the means by which the United States will enhance Iraq’s capabilities to further isolate extremists and bring all who choose violence and terror to full justice under Iraqi law.”

Air Force announces 2006 as safest year in aviation

BY STAFF SGT. JULIE WECKERLEIN

AIR FORCE PRINT NEWS

WASHINGTON (AFP) — Fiscal year 2006 was the safest year in aviation ever for the Air Force.

The year marked the lowest number of major aircraft accidents and fatalities within the Department of Defense, said the Chief of Air Force Safety Maj. Gen. Stan Gorenc recently.

According to the statistics, the Air Force recorded 19 major aviation mishaps, eight destroyed aircraft and one aviation fatality.

“It’s quite an historical accomplishment,” General Gorenc said. “In 1947, the Air Force recorded over 1,500 major accidents and over 500 aircraft destroyed at a cost of over 500 servicemember lives. Obviously, there’s been a continuous culture change in which safety has come into the forefront with everything that we do.”

He credited great leadership and dedicated Airmen for such a successful year, emphasizing that education has been key to preventing mishaps.

“In safety, there’s been a strong leadership approach,” he said. “We’re continually educating people on where they fit in the bigger picture, and we’ve been motivating them to be safe and to take care of each other. But at the end of it all, it comes down to personal responsibility. Airmen are going out there each day to be productive and as safe as possible.”

General Gorenc said that while it’s great to reflect on such a great year, it’s important that Airmen do not let their guard down.

“The Air Force is a very vibrant organization,” he said, “There’s a continuous rotation of people coming and going, deploying or moving on. We have to stay engaged [in a safety mindset] by continually educating, motivating and activating our Airmen to incorporate safety into their everyday activities and routines.”

USAFE officials reactivate 3rd Air Force

BY STAFF SGT. CHAD PADGETT

U.S. AIR FORCES IN EUROPE PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany (AFPN) — The 3rd Air Force was reactivated today during a ceremony here. Lt. Gen. Robert D. Bishop Jr. took command. General Bishop has been vice commander of U.S. Air Forces in Europe.

“My last three job titles have begun with deputy, assistant or vice. I am personally delighted and humbled to be here this morning with that modifier gone,” General Bishop said during the ceremony.

The reactivated 3rd AF, which has more than 1,400 members, includes the 603rd Air and Space Operations Center, the 603rd Support Group, the 4th Air Support Operations Group and former members of 16th Air Force, which inactivated today.

The numbered Air Force will plan combat and humanitarian

operations in the USAFE area of responsibility, which includes Europe and Africa, and it also will conduct day-to-day operations for USAFE and European Command to organize, train and equip Airmen for the functions they could be called upon to accomplish around the world.

“We’ll be busy planning and exercising to be able to respond to a conflict or a humanitarian mission in this part of the world,” General Bishop said. “And one of the additional things that also will be on our plate is for the headquarters to plan and train in order to be able to lead a joint task force.”

While 16th AF inactivated today, it will continue to exist through the 16th Air Expeditionary Task Force at Izmir Air Base, Turkey. This allows the Air Force to continue the proud legacy and service of both the 3rd and 16th Air Forces.

Maj. Gen. Marc Rogers will take General Bishop’s place as the USAFE vice commander.

Refueling over Europe



Photo by Airman 1st Class Teresa Pumphrey

A KC-135 Stratotanker from the 100th Air Refueling Wing at RAF Mildenhall, prepares to offload more than 60,000 pounds in fuel to a F-15 from the 48th Fighter Wing at RAF Lakenheath. The F-15 joined other U.S. Air Forces in Europe aircraft from Aviano Air Base, Italy, and Spangdahlem AB, Germany, to provide security for the NATO Riga Summit that took place Nov. 28-29 in Latvia where heads of state and government from 26 NATO member countries met. Also providing support from USAFE were the 32nd Air Operations Center, the 1st Combat Communications Squadron, and the 616th Air and Space Communications Squadron from Ramstein AB, Germany.



Creed of the USAF Combat Arms Instructor

I am an Air Force Combat Arms Instructor.
My country's strength lies in the men and women that I
train and the weapons in which I maintain.

My students hold faith and place great trust in me.
Their lives depend on my ability and their confidence in my
integrity for in a time of war, their talents will be needed.

They are to be treated with fairness and discretion for my
country's resources are entrusted to their watchful eye, and their
survival is in my hands.

Go team!

Line is Ready: *Fire!*

BY AIRMAN ERIKA BROOKE

48TH FIGHTER WING PUBLIC AFFAIRS

Every year approximately 7,000 Airmen complete a Combat Arms Training and Maintenance course at RAF Feltwell; training ensures Airmen based in the U.K. are prepared to complete the Air Force mission in combat.

“No matter who you are, no matter what job you have, when you deploy you are now a soldier. You hold a firearm and bear responsibility for the security and lives of those around you...this solidifies what we do here each day,” said Master Sgt. Gerald Williams, NCO in charge at RAF Feltwell combat arms training.

Once Airmen reserve a seat in a particular combat arms training class, they must arrive early, as classroom doors shut promptly at 8 a.m. As with any mission on an Air Force installation, safety comes first and instructors require all Airmen to be physically and mentally capable of completing the task at hand. Before stepping out on the firing line, Airmen

engage in three hours of rigorous hands-on instruction in the classroom. The students review assembly, inspection, gauging, firing positions, maintenance, and safe and quick reactions to weapon malfunction. After the three-hour class, Airmen are permitted to lock and load on the firing line.

One instructor is responsible for five students, with another instructor in the tower overlooking the students, to eliminate mistakes and guarantee safety. The instructors’ knowledge and coaching is tested on the firing line as they watch the trainees put knowledge into action. On the firing line, Airmen get a chance to work out kinks in weapons management.

“This is the time to ask questions. You can’t raise your hand in Iraq when you’re on the front line,” said Tech. Sgt. Gary Baker assistant NCO in charge and combat arms instructor at RAF Feltwell.

Only nine combat arms instructors are assigned to the firing range at RAF Feltwell. The limited number of CATM instructors can

create a challenge when making an appointment to qualify. The students are scheduled on a priority basis. Airmen heading down range are at the top of the list, followed by the security forces members needing the Tactical Rifle Qualification Course, and Airmen requiring annual qualifications.

The recurring training for security forces troops includes guidance in various weapons such as the M4, M9, M16 and the MA70. CATM instructors offer a night firing class to security forces troops to ensure accuracy, day or night.

The CATM instructors are not only responsible for training troops. They inspect and send one-fifth of the weapons here down range for each Air Expeditionary Force rotation.

They also deploy two at a time to form the counterpart to an existing deployed armory, and to repair any weapons in their designated area.

The knowledge troops obtain at the combat arms facility helps keep Airmen safe on deployments and on the job.

Photo by Airman 1st Class Kristopher Levasseur

After receiving instruction, Senior Airman David McKelvey, 18th Intelligence Squadron, Detachment 4 satellite systems analyst prepares to take his first shot on the 48th Combat Arms firing range at RAF Feltwell, Tuesday.

Fitness:

More than just muscle

STORY AND PHOTO BY TERESA MCNAMARA

48TH FIGHTER WING STAFF WRITER

The new year is quickly approaching. What's your new year's resolution? This year, why not join the many who make the resolution to be fit? Scientific studies show physical activity can produce health benefits such as weight loss, increased stamina, increased efficiency of the heart and lungs, diminished stress and improved self-image.

To Darrin Muhr, exercise physiologist at the Health and Wellness Center and twenty-year certified field professional, the term physical fitness embodies more than bulging muscles and paper-thin bodies.

His philosophy for fitness involves setting realistic goals to match ability, time and dedication to working out; realistic goals such as "I'd like to loose about 10 pounds," or "I'd like to strengthen my arms," not "I'd like to look exactly like Jessica Alba or Vin Diesel." He emphasizes physical well-being, as opposed to numbers such as calories burned or pounds lost.

As the HAWC's only exercise physiologist, Mr. Muhr's primary duty is to train Liberty warriors and families to be fit to fight. He runs the base fitness program, and trains physical training leaders to manage their unit's fitness and testing programs. He also teaches the mandatory Healthy Living program and the Body Composition Improvement program.

The workout programs he creates reflect his fitness ideals, the clients' goals, medical history and physical limitations. For someone trying to get on the workout bandwagon, Mr. Muhr thinks it's futile to "throw out the kitchen and start all over, or exercise for two hours your first day." His client's first session begins with a six to 10 minute cardio warm-up, followed by four to six strength training exercises, spanning 10 to 20 minutes in length. This slow, easy pace shows the client how to correctly and safely use the machines for optimal results.

"I like to gradually work into it. If you get too sore, the pain may be discouraging," said Mr. Muhr.

It's also important to choose activities of interest so you will stick

with them, adding a few extra minutes to the routine every few days, Mr. Muhr added. Once the recommended 30 minutes is reached, the duration and intensity can be increased.

Adding new activities to an exercise repertoire can add a challenge while breaking the monotony. For those on the quest for fitness, the Fitness and Sports Center offers a range of activities and resources above and beyond cardio and weight machines and free weights.

There are basketball courts, racquetball courts and workout classes, to name a few, free of cost. For a price there are personal trainers, masseuses, belly dancing classes and even Kuk-sool-won classes from three time world champion, Master Darren Hart. Adding new activities to your repertoire can add a challenge while breaking the monotony.

Although a change of habit is hard and takes time and patience, health is too important not to pay attention to, said Mr. Muhr.

"Impatience is the biggest problem I encounter," said Mr. Muhr. "Don't expect to start exercising on Monday and be buff by Wednesday."

With much determination, patience and support, Staff Sgt. Alan Higginbotham, of the 48th Component Maintenance Squadron, made a life change upon his permanent change of station to RAF Lakenheath. He failed three physical fitness tests, and the fourth would have spelled force separation for the almost seven year servicemember. With the help of his flight, Sergeant Higginbotham spent the last few months running two and a half to five miles three days a week, complimented by 45 minutes to an hour of weight and circuit training two days a week.

"I really didn't like to run, and I didn't really want to run," said Sergeant Higginbotham. "But my flight supported me, got behind me, and helped me get through it."

Sergeant Higginbotham's hard work paid off. He lost 30 pounds and passed his PT test on Nov. 21, with a time of 12 minutes, four minutes shorter than his last test. His flight showed up to the track to cheer him on, and three flight members ran the test with him.

"Since I have been exercising I feel a lot better and a lot healthier," said Sergeant Higginbotham. "Working out it is now part of my routine."

There's no time like the present to get off that couch and get healthy, so start now on a get fit resolution.

For more information, call the HAWC at 226-2710 and the Fitness and Sports Center at 226-3607.



Staff Sgts. Aaron Arnold and John Rohrer run with Staff Sgt. Alan Higginbotham, 48th Component Maintenance Squadron, during flight physical training Dec. 1. Sergeant Higginbotham, lost 30 pounds and passed his PT test as a result of his hard work and dedication to a fitness program.



Photo by Master Sgt. Terry Blevins

Did you know?

BY COL. G. ARTHUR McGETTRICK

48TH OPERATIONS GROUP COMMANDER

Did you know the Liberty Wing has a lot to be proud of? A quick look at our past heritage and present accomplishments will show you how the 48th Fighter Wing has answered the call and performed admirably throughout its 65 year history.

In 1941, the 48th Bombardment Group Light and its 55th, 56th and 57th squadrons were activated as a training unit at Hunter Field. They immediately began training maintainers and aircrews in close air support and interdiction, preparing them for eventual combat in World War II. From 1941-43, the 48th moved six times and flew six different types of attack training aircraft.

In August 1943, the group was re-designated the 48th Fighter-Bomber Group with the 492d, 493d, 494th and 495th Fighter-Bomber Squadrons, and changed from training to an operational fighter unit. In early 1944, the 48th began flying the P-47 Thunderbolt and moved to Southern England. After several weeks of intense training, the 48th flew its first combat missions in April 1944, and in June played a key role supporting the massive Allied invasion of Normandy. The 48th then moved to several different bases across France and Belgium, supporting the First Army. The 48th was a key player enabling the Army's breakthrough into Germany and helping hold back the massive German assault during the Battle of the Bulge. By 1945 the Allies had air superiority over Europe and the 48th moved into Germany. After the war ended, the 48th returned to the U.S. and was inactivated in November 1945.

With the onset of the Cold War, the 48th activated as a Fighter-Bomber Wing in July 1952 at Chaumont Air Base, France. The Wing stood continuous alert with F-84 Thunderjet and F-86 Sabre fighters, earning its Statue de la Liberté name from the French and becoming the only Air Force unit with both a numeric and descriptive name. In 1956, the Statue of Liberty Wing converted to the F-100 Super Sabre and in 1960 moved to RAF Lakenheath where it continued its alert duties defending Europe. In 1972 the 48th switched to the F-4 Phantom II and then to the F-111 Aardvark in 1977. For the rest of the Cold War, the Liberty Wing maintained constant readiness, demonstrating U.S. resolve and deterring the spread of Communism. In April 1986, 24 F-111F's from the 48th flew 14 hour missions on the successful El Dorado Canyon strikes on Libya in retaliation for terrorist attacks.

In 1990, the celebration over the end of the Cold War was interrupted by Iraq's invasion of Kuwait, and the Liberty Wing again sprang into action, deploying 66 F-111's and more than 1,400 personnel to Saudi Arabia. During Operation Desert Storm, the 48th FW flew 2,500 combat sorties and dropped 7.3 million pounds of precision weapons and destroyed 920 armored vehicles, 245 aircraft shelters, 160 bridges and 113 bunkers. The Liberty Wing was also the first to employ the GBU-28 bunker buster in combat. Throughout the 1990s, the 48th continued a string of combat deployments to the Middle East for Operations Provide Comfort, Northern Watch and Southern Watch.

From 1992-94, the Liberty Wing again switched aircraft and began flying the F-15E Strike Eagles and F-15C Eagles. During this time, the 48th began deployments to Italy for Operation Deny Flight over Bosnia. This culminating in Operation Allied Force over Serbia in 1999, where the Liberty Wing flew 2,562 combat sorties and dropped 3 million pounds of munitions, 75 percent of all precision weapons employed. In addition, the 493d scored four of the five confirmed USAF aerial victories.

Since the 9-11 attacks, the Liberty Wing has played a lead role in the Global War on Terror with multiple combat deployments to Operations Enduring Freedom and Iraqi Freedom. We also continued our string of firsts, including the first-ever combat employment of the GBU-12 laser guided bomb with the Sniper advanced targeting pod, and the GBU-38 JDAM. This year, the 56th Rescue Squadron moved from Iceland to join us at RAF Lakenheath, adding HH-60 helicopters and the combat search and rescue mission to our heritage.

Today the Liberty Wing's mission has never been more important. Our nation is engaged in a long war on terror. We are faced with challenges including personnel cuts, budget cuts and emerging threats. Yet our Airmen continue our heritage of incredible accomplishments, both in combat and in training. As you read this, we have over 1,000 Airmen deployed around the world. Our F-15Es are airborne on combat missions with yet another Air Force first - new Suite 5 avionics and the GBU-39 Small Diameter Bomb. This latest success is a testament to your professionalism and dedication to our country and our mission. The Wing's mission is to be ready "Anywhere, Anytime...Whatever Needs Done," and from D-Day through the Cold War, Libya, Iraq and today's Global War on Terror, the professional Airmen of the Liberty Wing have delivered. We really do have so much to be proud of.



Discover Britain

By Sal Davidson - Community Relations Adviser



Merry British Christmas tales

The feast of the nativity of Christ, now almost universally celebrated Dec. 25, is the first of the traditional 12 days of Christmas, and ends with Epiphany Jan. 6. The Christian festival replaced various pagan festivals held to celebrate the winter solstice, such as the Saturnalia of the Romans and the Scandinavian Yule.

Christmas Eve

On Christmas Eve some families still maintain the tradition of telling ghost stories late in the evening, the belief being that on the stroke of midnight you open the front door to let the ghosts out and the spirit of Christmas in. You will often find a spooky tale on television or radio on Christmas Eve.

Christmas cards and decorations

The Christmas card was invented in 1843 by Sir Henry Cole, based on the Christmas pieces produced by school children in the 18th century to demonstrate their handwriting skills. With the introduction of the Penny Post in 1840, the Christmas card soon became a popular way of sending festive greetings. Christmas decorations, especially ivy, holly and mistletoe, can be traced back to pagan celebrations. Kissing under the mistletoe is a particularly British custom and recalls the ancient magical and sexual significance which the plant held for the druids. Erasmus writing in the 16th century noted, "Wherever you go, everyone welcomes you with a kiss, and the same on bidding farewell. You call again, when there is more kissing. In short, turn where you will, there are kisses, kisses everywhere." It seems the British like kissing – especially at Christmas. However, you will never see mistletoe inside a church, as this particular plant has never quite lost its pagan and magical associations.

Holly

Holly was the sacred plant of Saturn who was worshipped by the Romans. As Christianity spread through the Roman Empire, to avoid persecution, Christians continued to deck their homes with holly and slowly it lost its pagan associations and became a symbol of Christmas. Holly is also believed to frighten off witches and protect homes from thunder and lightning. Ivy is a symbol of eternal life in the pagan world and came to represent new promise and eternal life in the Christian world. It was the ancient symbol of Bacchus, the god of wine and revelry. Rosemary is yet another Christmas green because it is said Mary laid the garments of baby Jesus on its branches and it gave out a wonderful aroma. Rosemary has been used both in cooking and in house decorations since the Middle Ages.

Christmas trees

Many legends surround the Christmas tree. One is that St. Boniface, an English monk, came upon a group of pagans gathered by an oak tree about to sacrifice a child to the god Thor. To stop the sacrifice, Boniface felled the tree with one mighty blow of his fist. In its place grew a small fir tree which Boniface explained was the Tree of Life and stood for the eternal life of Christ. Another legend holds that Martin Luther, a founder of the Protestant faith, was walking in the forest on Christmas Eve. He gazed up at the stars through the branches of the evergreen trees and was so taken with the beauty, he cut a small tree and took it home to his family, placing a small star on the top. In

Britain, the popularization of Christmas trees is credited to the German Prince Albert, Queen Victoria's husband, in 1840. Once the Royal family had a decorated tree at Windsor Castle, it became very fashionable in other English homes. Each year a huge tree is donated by the people of Norway to Britain to commemorate their liberation in World War II and placed in Trafalgar Square.

Another link between Christmas and the tree is the Yule log. The closest most of us come to a Yule log is the chocolate variety, but the association goes back many centuries. Most experts agree that the word Yule comes from the Anglo-Saxon word hweol, meaning 'wheel.' This probably refers to the pagan sun festival that eventually became Christmas. The Celts believed for 12 days at the end of December, the sun stood still, which is why the days were short. They thought if they could keep the Yule logs burning bright for 12 days, the sun would start moving and the days would lengthen again. If the Yule log went out, there would be bad luck. In the days when people had large fireplaces, a Yule log would be dragged in on Christmas Eve and the light from the burning log would welcome in Christmas Day.

Poinsettia

One tradition which came to Britain from America was the use of the poinsettia, now accepted as the Christmas flower. It received its name from Mr. Poinsett in 1828, but in Mexico, its country of origin, it is called the 'Flower of the Holy Night' and has long been associated with Christmas.

Christmas season

Many towns and cities celebrate the Christmas season with extravagant lights in their shopping areas. London has some of the best to offer, with colorful displays in Oxford Street, Regent Street, Bond Street and Kensington High Street. Many of the major department stores are famous for their window displays – check out Harrods, Selfridges, Liberty, Fortnum & Mason and Hamley's. Of course, we all expect a visit from Father Christmas on Christmas Eve especially if we have been very good. In England, Father Christmas, Santa Claus, goes back as far as the 15th century, appearing in carols and plays of the time. Carols, from the French carole, originally came from Europe in the 14th century. Most of today's popular carols were written in the 17th and 18th centuries. In the 19th century, groups of carolers toured the streets before Christmas, a tradition known as wassailing from the Anglo-Saxon meaning 'good health or good cheer,' collecting for charity. Each year on Christmas Eve the Festival of Nine Lessons and Carols is sung in King's College Chapel in Cambridge and broadcast all over the world. Every year since 1918 it has been broadcast every year too, with exception of 1930. The services continued throughout World War II even when the ancient glass was taken out of the Chapel and its location kept secret for security reasons.

To be part of this celebration you have to queue early. Some people will start to queue early in the morning to secure a place for the service with admission at 1:30 p.m. and starting at 3 p.m. The service is not suitable for young children.

Santa cop

Individual to be arrested: _____
 Reason for arrest: _____
 Time to be arrested: _____
 Place of arrest: _____ (Bldg/Office)
 Complainant: _____
 Amount of time to be served: _____ HR _____ MIN
 Amount of Warrant: _____ Paid: _____ (Complainant's Initials)
 Amount of Bond: _____ Bonded out: _____
 (50% of the total warrant amount)

The Complainant shall provide the Santa Police (SP) with the above information. Upon processing of the arrestee, the Complainant will be required to arrange transportation for the individual back to his/her place of origin from Bldg 1064/SF Training Building.



Illustration by 48th Security Forces

Complainant Signature

Officer's Signature

Have a friend, foe, co-worker or boss arrested by Santa Cop for \$10 per 30 minutes. Mug shots are available for a \$3 dollar donation. Arrests will be made from 8 a.m. to 4 p.m. Dec. 15. To schedule an arrest, drop off the above warrant at the drop box at Pass and Registration before the event or at the Security Forces training, Bldg. 1064 the day of the event.

For more information call 226-3272 before the event, and 226-3247 or 226-2807 on the day of the event. Contact emails are christian.cantrill@lakenheath.af.mil or christopher.price@lakenheath.af.mil.

Worried about the weather?

For information on base and school weather delays or closure, call 226-3541 or off base (01638) 523 541 for RAF Lakenheath; and 238-3541 or off base (01638) 543 541 for RAF Mildenhall.



Distance education registration

University of Maryland College Distance Education registration for term 3 is through Jan 19. For more information call 226-3724.

OCSC holiday function

The Officer and Civilian spouses club's Home for the Holidays function is Tuesday, 10:30 a.m. at Eagle's Landing. All are invited to the holiday buffet and English floral arrangement demonstration by Margaret Heal. The cost is \$5 for members. Those interested should call Stacey White at 01638 668 296 or e-mail sj_white99@hotmail.com by Dec. 6. Bring six dozen cookies for the Airmen cookie drive Dec. 12 and receive a ticket for a special door prize drawing.

Polish pottery market

The Lakenheath High School Girls Basketball Team is sponsoring a Polish Pottery market. The market is 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. In the LHS cafeteria. For more information contact Janis Ready at 226-3115.

Embry-Riddle '07 registration

Embry-Riddle is registering students for January graduate and undergraduate on-line courses. The deadline to register is Dec. 15. For more information call 226-2464 or 238-2916.

Central Texas special courses

Central Texas College offers courses in automotive mechanics, criminal justice, early childhood development and paralegal. For more information call Fred Dinsmore at 226-3507.

TRICARE assistance

The 48th Medical Group TRICARE office has a beneficiary counseling and assistance coordinator and debt collection assistance officer who gives assistance with TRICARE claims and benefits. The BCAC is an advocate to resolve customers' TRICARE questions. The DCAO helps resolve medical or dental bill debt collection issues. For more information or to receive assistance, call 226-8694.

MOVIES

RAF Lakenheath 226-2139

Today
6:30 p.m. Jet Li's Fearless, PG-13, starring Jet Li and Betty Sun. The son of a great fighter who did not wish for his child to follow in his footsteps, the bullied Huo Yuanjia resolves to teach himself how to fight—and win. Years of training enable him to ace match after match in his home region of Tianjin. But as his fame as a martial arts master grows, so does his pride. After an ill-advised fight leads to another master's death, members of Huo's family are slain in revenge.
9 p.m. Jackass Number Two, R, starring Johnny Knoxville and Bam Margera. After smearing the world with all sorts of ridiculous crap, the original creators and cast of the MTV series are back at it again: significantly raising the stakes and lowering the bar, this installment in the "jackass" and "jackass the movie" series unleashes a spirited mess of absurdity as the cast and crew gets even more ugly around the globe.
Saturday
3:30 p.m. Flyboys, PG-13, In 1914, "The Great War" — WWI—began in Europe. By 1917, the Allied powers of France, England, Italy and others were on the ropes against the German juggernaut. Some altruistic young Americans disagreed with the war. They volunteered to fight alongside their counterparts in France; some in the infantry, some in the Ambulance Corps. A handful of others had a different idea: they decided to learn how to fly.
6:30 p.m. Jet Li's Fearless, PG-13, starring
9 p.m. Jackass Number Two, R, starring
Sunday
3:30 p.m. Material Girls, PG
6:30 p.m. Material Girls, PG
Monday
6:30 p.m. Turistas, R, starring Josh Duhamel and Melissa George. A group of young backpackers' vacation turns sour when a bus accident leaves them marooned in a remote Brazilian jungle that holds an ominous secret.
Tuesday
6:30 p.m. Turistas, R
Wednesday
6:30 p.m. Flyboys, PG-13
Thursday
6:30 p.m. Flyboys, PG-13

RAF Mildenhall 238-4955

Today
6:30 p.m. Open Season, PG, starring Paul Westerberg and Gary Sinise. A 900-pound domesticated grizzly bear named Boog and a scrawny, one-horned mule deer named Elliot end up stranded together in the woods during hunting season and it's up to the duo to rally all the other forest animals and turn the tables on the hunters.
9 p.m. Deck The Halls, PG, starring Danny DeVito and Matthew Broderick. Steve, a suburban dad and Christmas enthusiast, leads a well-ordered, well-planned, and well-organized life. His new neighbor, Buddy, is Steve's polar opposite: a big personality with big dreams, which have yet to materialize. But Buddy's latest dream -to create the biggest holiday light display in the world, visible from outer space - is turning Steve's disciplined world into a chaotic nightmare.
Saturday
3:30 p.m. Deck The Halls, PG, starring
6:30 p.m. School For Scoundrels, PG-13, starring Billy Bob Thornton and Jon Heder. Roger enrolls in a top-secret confidence-building class taught by the suavely underhanded Dr. P. Aided by his assistant, Leshar, Dr. P uses unorthodox, often dangerous methods, but he guarantees results: Employ his techniques and you will unleash your inner lion. Roger quickly discovers that star students have a way of catapulting Dr. P's competitive side into high gear.
9 p.m. The Guardian, PG-13, starring
Sunday
3:30 p.m. Deck The Halls, PG
6:30 p.m. School For Scoundrels, PG-13
Monday
6:30 p.m. Open Season, PG
Tuesday
6:30 p.m. The Guardian, PG-13
Wednesday
6:30 p.m. Deck The Halls, PG
Thursday
6:30 p.m. Turistas, R



Briefs

Commissary holiday hours

The RAF Lakenheath Commissary will close at 4 p.m. on Christmas Eve and is closed on Christmas Day and New Year's Day.

Professional development center

The RAF Lakenheath professional development center offers the following classes:

- Dec. 13 Leadership Styles 8 to 10 a.m.
- Dec. 14 Standards & Discipline 8 to 10 a.m.
- Dec. 18-20 NCO Seminar at RAF Mildenhall
- Jan. 8 Mentoring 8 to 10 a.m.
- Jan. 9 EPR Writing 6 to 9 p.m.
- Jan. 10 Effective Writing 8 to 11 a.m.
- Jan. 11 Command Chief's Perspective 8 to 9 a.m.
- Jan. 16 Awards & Decorations 8 to 11 a.m.
- Jan. 17 Time Management 8 to 10 a.m.
- Jan. 18 Career Choices 8 to 9 a.m.

Company grade officer council

There is a CGOC meeting Dec. 15 at 3 p.m. at Eagle's Landing. Learn about CGOC opportunities and meet other CGOCs. Chalk Talk quest speaker is Major Drysdale Hernandez.

Babysitter's instructor course

A babysitter's instructor course offered by the American Red Cross, is 9 a.m. to 5 p.m. Dec. 16 in the Airman and Family Readiness Center, RAF Lakenheath. Satisfactory completion of this course leads to Red Cross Instructor Certification for teaching the babysitting course. For more information or to sign-up, call the Red Cross office at 226-1855.

Airman and Family Readiness Center

(For more information call 226-3847)

Newcomers bus tour

A newcomers bus tour is today, Dec. 15 and Dec. 22 from 8:45 a.m. to 2:30 p.m. The outing includes touring Bury St. Edmunds, its cathedral, a meal and shopping. Today's tour will be held at Duxford.

Ten steps to a federal job

Ten steps to a Federal Job Part 2 is Monday from 9 a.m. to noon. The class will discuss federal job searches, how to read job announcements, complete online resumes and application process.

Pre-separation briefing

Pre-separation briefing will be held on Dec. 19 from 9 to 11 a.m. and Tuesday from 1 to 3 p.m. This class fulfills the mandatory requirement for all personnel retiring or separating from the military.

Bundles for Babies

The Bundles for Babies course will be Today from 9 a.m. to noon. This is an educational program for expectant parents, focusing on budgeting, bonding with a new baby, WIC and childcare options.

Key spouse training

Key spouse training is Thursday from 1 to 2:30 p.m. The training gives guidance on responsibilities and expectations of a key spouse as well as orients spouses to base resources.

Lakenheath Chapel schedule

Catholic

Saturday Mass 5 p.m.
Sunday Mass 9:30 a.m.
Holy Day Mass 11:30 a.m. and 6:30 p.m.
Weekday Mass Monday, Wednesday, Thursday and Friday 11:30a.m.
Reconciliation Saturdays 4 to 4:20 p.m. or by appointment.

Protestant

Liturgical services 8 a.m.
Traditional Protestant service 11 a.m.
Gospel service 12:30 p.m.
Contemporary service 4:30 p.m.
For more information about worship times or other chapel programs, call 226-3711.